

Activity 2: Personality Plus

Target Audience: Grades 9-12

Objective: The students will:

- Complete a personality type inventory.
- Identify their Holland Code.
- Connect their Holland Code to compatible occupations.

ASCA Standard	National Career Development Goal	National Career Development Guidelines
Career Development Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.	Personal/Social Goal 1: Develop understanding of yourself to build and maintain a positive self-concept.	PS1.K1: Identify your interests, likes and dislikes. PS1.A1: Demonstrate behavior and decisions that reflect your interests, likes and dislikes. PS1.R1: Assess how your interests and preferences are reflected in your career goals.

Resources and Materials:

- Personality Plus activity sheet
- Career Outlook, Occupational Section, pages 12-51

Leading Questions and/or Comments:

This is an informal approach to personality types. It should be used as an introduction, not as a diagnostic tool and students should know that there are several methods of identifying personality types. Discuss the meaning of personality types with the students. Explain that you can be classified into six different groups, according to Dr. John Holland. The six groups are:

Artistic	Conventional	Enterprising	Investigative	Realistic	Social
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These types are just one measure that will help you to understand yourself and allow you to identify occupations that are best suited to your personality. Occupations are also grouped by these traits. A combination of two or three groups is typical.

Talk about the following:

What are some advantages to knowing your personality type? (get along better with classmates/co-workers, helps you realize your full potential, helps you identify occupations that you will enjoy, increases productivity, helps you appreciate other personality types)

Activities:

Instruct students to do the following:

- Complete the Personality PLUS activity sheet by following the instructions in the activity.
- Answer the question, “What does this say about what you prefer in your work life, based on your personality?”
- Considering your top three personality types, identify three compatible occupations in the blanks provided.
- Find one of the occupations listed for your personality type in the ND Career Outlook. Does it interest you? Why or why not?
- How can knowing your personality types/Holland Code benefit you in a work environment?

Making Connections for Students:

Say to the students: Now that you know your Holland Code, let’s review together how knowing this will help you find compatible occupations. Tell me about how your personality type can affect how happy you are at work.

Optional Activities:

Have students:

- Use www.RUReady.ND.gov to journal in their portfolio what their Holland Code is and what they learned about themselves.
- Research any occupations they may be interested in exploring further.